

## Designing Interventions Using the Stages of Change: Maintenance

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The Process of Change model  
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### Stage of Change: Maintenance

*The person has changed target behavior and consolidated it into person's daily life. Person has achieved goals around changing target behavior and is now working toward sustaining change. The person has made change for more than six months without a recurrence.*

**Stage-specific task:** Sustaining change and generalizing change into new areas and integrating change into all aspect of self-concept.

### Maintenance

#### **Stage-Specific Characteristic**

Stability	MOD/HIGH
Commitment to change	HIGH
Self-Efficacy/Confidence	HIGH
Temptation	LOW
Help Seeking	HIGH
Information Seeking	MODERATE
Decisional Balance	
<i>Pros for change</i>	SOME
<i>Cons for change</i>	FEW

#### **In order to Transition from Maintenance:**

*Behavior change becomes sustained and integrated in daily life; change becomes natural and effortless*

### Stage-Specific Processes of Change

**Reinforcement Management:** Activities that encourage and benefit new behaviors and lifestyle conducive to change.

**Helping Relationships:** Social networks of friends, activities and supports are developed to support new behavior and to avoid target behavior.

**Consciousness Raising & Self-Reevaluation:** As change continues, rethinking and challenging thoughts and behavior that can lead back to target behavior; continuing to integrate new self-concept

### Stage-Specific Motivational Strategies

- Help the person identify and practice new alternative behaviors
- Support, encourage and recommend positive and healthy lifestyle changes
- Affirm the person's commitment, resolve and self-efficacy
- Help the person practice and use new coping strategies to avoid a return to target behavior
- Maintain supportive contact and encourage development of community-based support network that emphasize mutual/peer supports and self-help groups
- Develop a "fire escape" plan if the person returns to target behavior
- Review long-term goals with the person

### Stage-Specific Interventions

- Developing interests, trigger management, reward/contingency management, role playing, sharing stories, community activism/volunteering (giving back), social support networks

Sources: Information adapted from TIP 35: Enhancing Motivation for Change, KAP KEYS TIP 35, DiClemente (2003) Addiction & Change, and Prochaska, et al. (1994) Changing for Good.